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SUNNYCORN is a SUNSEAL eatable.

VERMONT WOMAN SAW HORRORS

Mrs. Mabel Powers of North Hero was Member of American Relief Workers' Party in Marash, Syria, During Turkish Bombardment.

New York, June 5.—The Turkish national forces in besieging Marash, Syria, last January deliberately and continuously fired on the American college and near East relief hospital and damage there, according to Dr. M. Elliott of Benton Harbor, Mich., who was in charge of the hospital during the three weeks' attack.

Dr. Elliott, who has now returned to this country, with Mrs. Mabel Powers of North Hero, Vt., Miss Helen Shultz of Reading, Pa., and Miss Minnie Dougherty of Holyoke, Mass., told an eye-witness story of the attack, directed against the Armenian population.

The slaughter of men, women and children was horrible, she said, and the pillage of houses barbaric. In one Armenian church 2,500 persons were killed—only 22 surviving the attack on it—she said.

Of a fleeing column of 5,000 Armenians, mostly women and children driven from the besieged city, Dr. Elliott said only 2,200 reached their objective, Ischia, but 75 miles away.

"The whole three weeks of the siege the firing from house-tops and windows never ceased," she said. "The Turks fired many buildings all over the town, and from our windows we could see columns of smoke rising first from one part of the city and then another, every hour of the day and night."

The largest Armenian church at first sheltered some 2,500 Armenians of the better class, shop keepers, business men and merchants and their families. They had arms, and they put up a good fight. But Turks fired the church and forced them out. Only 22 of them escaped with their lives.

A communication trench was dug from French headquarters to the hospital by which the French wounded were brought in to us. They were all Senegalese and Moroccans. The Senegalese blacks suffered frightfully from the cold. We had 900 cases of wounded and frozen feet—mostly frozen feet.



For Hair And Skin Health Cuticura Is Supreme

The majority of skin and scalp troubles might be prevented by using Cuticura Soap judiciously for all toilet purposes. On the slightest sign of redness, roughness, pimples or dandruff, apply a little Cuticura Ointment. Cuticura Ointment soothes and cures the skin and overcomes heavy perspiration. Delicately. Cuticura Soap Free by Mail. Address: Cuticura Laboratories, Dept. 377, Malden, Mass. - Baltimore, Md. Send 10c. (Enclosed 10c. stamps, 10c. stamps.) Cuticura Soap shampoos without soap.

defense. It wasn't possible to live a day in a private house, as the Turks would fire the house and drive the inhabitants out, killing them as they ran for shelter. We could see that going on everywhere.

"There were about 5,000 Armenians who joined the column and tried to make the march over the mountains to Ischia, 75 miles from Marash, when the French troops evacuated the city. There was no food for anyone, and only a few carts. Practically everybody had to walk the whole way."

"It was a ghastly, incredible nightmare. The worst blizzard that Marash had even known caught us. Most of the fugitives were women and children. The men stayed behind to fight and cover our retreat."

"They died like flies. Every 50 yards or so someone would drop in the snow. There was no use trying to do anything. It was all anybody could do to keep going."

"We had to cross many streams, which were frozen at first, but the ice was broken by the French trains and artillery, and when we came along we had to wade in the icy water, and then walk on in the snow. I saw the French general in command wading the streams on foot."

"Out of the 5,000 who started only 2,000 ever got there."

"Mrs. Mabel Powers of North Hero, Vt., and Miss Helen Shultz of Reading, Pa., who came out with me went to Adana in a French hospital train."

NO MAN IN CITY HALL

And a Woman Mayor Rules in Jackson, Wyo., Population 300.

Cheyenne, Wyo., June 5.—A woman mayor, Mrs. Grace Miller, now rules in Jackson, the population center of the Jackson's Hole country, which long was famous in fact and fiction as the resort of outlaws, cattle rustlers, horse thieves and other bad men of the West that once was. For what is said to be the first time in history, there is not a man in the city hall of an American municipality; for a city administration composed entirely of women has been sworn into office as a result of the election in May. There is not a man in Jackson's city hall.

Jackson is a distinctive city—with a population of not quite 300. Perhaps no other section of the United States is so far isolated from the railroads and from all-year traffic. The nearest railway station is 75 miles away, and from November until May the highway to that station is virtually impassable. Surrounded by the high mountains in the range south of Yellowstone National park, the residents of Jackson make little or no attempt to travel during the winter months.

It was in Jackson's Hole that the bad men made their last stand against the advancing wave of civilization 30 or 40 years ago. There they fought after stealing cattle or horses or other robberies or hold-ups and banded themselves together for mutual protection. To-day Jackson, itself, has surrendered to the feminist movement and made a clean sweep of every male of ageholder. The only explanation thus far given for the overturn comes from the editor of The Courier, the city's sole newspaper, who says in his paper: "It is thought the novelty of being the first city on record to be governed entirely by women helped them to secure such a complete victory."

The editor who was, himself, a candidate, accepts the results without repining, but says the women surprised even themselves by the result.

There was no unusual campaigning, no special issue at stake, nor was there an unusually heavy vote. Mrs. Miller defeated Fred Lovejoy for mayor by a vote of 56 to 28. Four women were elected members of the city council over four men candidates by about the same relative vote.

Matrimonial Hecms. "Edith's husband seems to me pretty common clay." "Well, she's getting the rocks out of him, all right."—Boston Transcript.

NEW YORK'S 88 GO TO CHICAGO

Republican Delegation Left New York City by a Special Train

WILL REACH CHICAGO SUNDAY AFTERNOON

Included in the List Are the Two Women Delegates

New York, June 5.—Nearly all of New York state's delegates and alternates to the Republican convention and 50 women leaders in state politics were among the 250 passengers on the special train leaving here to-day for Chicago.

Arrangements were made to add cars to the train at several points as it passed through the state, so that by the time it left Buffalo it was expected to include 14 Pullman coaches and two dining cars. It is expected to arrive in Chicago late Sunday afternoon.

Among the women passengers were New York's only two women delegates, Miss Helen Varik Boswell of New York, and Mrs. Florence Knapp of Syracuse; and also Mrs. Arthur L. Livermore, alternate at large.

NO MORE CHAPERONES FOR WOMEN DELEGATES

Forty Years Ago Miss Helen V. Boswell, a New York Lawyer, Attended Republican National Convention So Encouraged.

New York, June 5.—Forty years ago Miss Helen Varik Boswell, lawyer and one of the pioneer women Republicans of the country, attended the Republican national convention with a chaperone. On June 8, Miss Boswell, who is a chairman of the New York county Republican organization and well known as a humorous speaker, Mrs. Florence E. S. Knapp of Syracuse, N. Y., and 20 alternates, none of whom will have chaperones, will attend the Republican national gathering in Chicago as the representatives of the women Republicans of New York state. They will go, they say, to participate in the proceedings "in the independent spirit which should characterize every voter."

"This is the tenth national Republican convention I have attended," declared Miss Boswell, "but it will be the first time I have ever occupied a place among the 'boys' on the convention floor. Women from all over the United States this time are going to be 'in' and not merely 'at' the convention. More than 25 of us are delegates and fully 75 are alternates."

Among the more prominent women delegates from other parts of the country will be Dr. Helen S. Peabody of Sioux Falls, S. D., a delegate at large, well known as an educator and lawyer. Another delegate is Mrs. Katherine P. Edson of Los Angeles, who was instrumental in having passed the California law for the protection of women and children. She has been a member of the state industrial commission of California and was the first chairman of the Republican women's state committee in California after women were enfranchised.

Mrs. John Glover South, delegate at large from Kentucky, is chairman of the women's division of the Republican national committee. She is a cousin of Governor Morrow of Kentucky and a daughter of the late Frank O. Bradley, the first Republican governor of Kentucky ever had. Kentucky, in selecting Mrs. South as a delegate to the convention, set the pace for other southern states to follow. Tennessee immediately elected a delegate at large and two women as alternates at large.

Mrs. Manley Fossee of Minneapolis has the honor of having been unanimously elected a delegate at large from Minnesota by the Republicans of that state. She is head of the women's Republican organization of Minnesota and has been actively engaged in combating the non-partisan league.

Mrs. Arthur L. Livermore, chairman of the Republican women's executive committee of New York, is an alternate at large from that state. She is the founder of the women's university club of New York and is the daughter of Senator Henry Wells, who was the treasurer of the Massachusetts Republican committee for a quarter of a century.

A Tactical Error.

A major of marines had his battalion out in the brush in Cuba for a problem in observation. He detailed a private to go to a small hill about a quarter of a mile away and conceal himself. The battalion would then try to locate the private with field glasses as a training for finding enemy scouts and snipers during actual battle conditions.

The private trotted off and, at a signal from the major, dropped to the ground. The major turned around to explain the problem to the battalion but, upon turning again, was much incensed to see the private standing again in full view of all. Seizing a pair of signal flags from a sergeant, the major wagged wrathfully. "Why don't you lie down as I ordered?"

Upon which the private on the sky line wag-wagged back respectfully but with great emphasis:

"Sir, why did the major order me to lie down on an 'ant hill'?"—The Home Sector.



FOR PEOPLE WHO ARE FEELING OLD

Old age comes early to those whose blood is thin and weak. When the system becomes run down the shoulders begin to droop, the step loses its elasticity, the eye its sparkle, and the skin its color. In addition to these external changes there is an almost unceasing distress, consisting of indigestion, headaches, extreme nervousness, sleeplessness and dizzy spells.

Good blood and plenty of it is the secret of health and vigor. If you want to take years from your appearance, and restore your body to health, begin treatment with Mrs. Elizabeth Morton, of No. 82 Shirley street, Roxbury, Boston, Mass., endorses so highly.

"I became badly run down," says Mrs. Morton, "and lost so much weight and strength that I looked and felt old. My color was very poor and I didn't have any energy. I grew melancholy and worried so much that I could not sleep well. The effort of climbing stairs exhausted me and left me panting for breath. I generally had a severe headache when I awoke. There were pains across my back and shoulders."

"A cousin who had used Dr. Williams' Pink Pills with a great deal of benefit was so sure that the pills would help me that I began to take them. My appetite improved almost at once, and I began to gain weight. I took them for three months and have completely regained my health and feel like a new and younger person. I shall never be without Dr. Williams' Pink Pills again, for I have great faith in them as a blood builder."

Write to-day to the Dr. Williams' Medicine Co., Schenectady, N. Y., for the free booklet, "Building Up the Blood." Your own druggist sells Dr. Williams' Pink Pills, or they will be sent by mail, postpaid, on receipt of price, 60 cents per box.—Adv.

The Porter's Job.

A lady travelling with her five-year-old son on a night train told him as she put him to bed to say his prayers as usual, but he flatly refused to do so.

"Don't you want the Lord to take care of you to-night?" asked the anxious mother.

"What's the porter here for?" was the child's response.—Boston Transcript.

MORE VICTIMS OF THE BUBONIC

Six New Cases Discovered in Vera Cruz and Two Died

FIVE MORE CASES ARE UNDER OBSERVATION

Appeal Has Been Sent to New Orleans for Serum and Medicines

Vera Cruz, June 5.—Six new cases of bubonic plague were discovered in this city yesterday and two of the victims died during the day. In addition five suspicious cases are under observation.

The chamber of commerce and other important organizations have formed a council to assist the sanitary authorities, who have been unable to give efficient service in fighting the plague because of their absolute need of necessary supplies.

An appeal has been sent to New Orleans for anti-bubonic serum and other medicines needed in the fight against the disease.

PHYSICIAN AND PATIENT DEAD.

Doctor Had Gone to Patient's House to Collect Bill.

Bond, Miss, June 5.—A disagreement over a bill for medical services was the cause of the death Thursday of Dr. D. S. Hood and Mrs. H. E. Spring, according to Mrs. Hood, widow of the physician. Mrs. Spring offered to transfer some property to Dr. Hood in payment of the debt, Mrs. Hood said, and he called at the Spring home to discuss the matter.

Neighbors found the physician dead with a bullet through his heart and Mrs. Spring lying nearby fatally wounded. She died before making any statement. A coroner's jury found that the two "came to their deaths at the hands of unknown parties."

Topics of the Home and Household.

One domestic column says that a strong solution of sugar will usually remove tea stains from linen.

When cooking rice, save enough to make griddle cakes for breakfast. Add one cupful of rice to the batter. Use some for supper or luncheon dish with meat and tomato.

Halves of pears and peaches with chopped nuts and any liked salad dressing make delicious and quickly made salads.

When washing vegetables such as lettuce, spinach, dandelions, watercress, the water and all small insects which can't otherwise be washed will quickly rise to the top.

Modern Princeton says when trying to remove an uncancelled postage stamp from an envelope dip the corner having the stamp into boiling water for a minute, when the stamp will come off and with it enough glue to use again.

"Better Feet" Drive in N. Y. City.

One of the largest shoe stores in New York City, according to the store manager, has had to change its stock of shoes this year as a result of the Young Women's Christian association "Better feet—sensible shoe" campaign. So many women and girls asked for high-heeled broad-toed walking shoes that the store ordered a large stock of them and decreased the orders for the fancier styles. The New York stores carrying the sensible shoes are showing the Young Women's Christian association shoe chart to convert buyers to the improved styles. The charts show graphically the effect on the feet, on the posture, on the general health of high heels and pointed toes and in one case significantly compare, by photos, the bound feet of the Chinese woman so scoffed at in this country, and the equally misshapen feet of the American woman in the extreme "fancy" shoe.

A foot and shoe film, produced by the association physical education department, is having wide circulation throughout the country and is being used by physicians and sanitarian directors. The effect of the widespread and picturesque education on the subject, carried on through the gymnasium departments of local associations, through college student groups and through health week campaigns is so marked that the association expects to see a noticeable change in woman's footwear before many years.

Knack of Cheese Cooking. With cheese in such prominence in the dietary of the individual, the housewife will be anxious to acquaint herself with some of the outstanding points in relation to cookery and digestion of this most important product.

When cheese is first purchased, a few minutes should be taken to properly care for it. Wrap it either in oiled paper or in a wet tea towel and store it so as to avoid any possible contamination from strong flavors or odors.

Being a ready-to-eat product, cheese in a cooked dish should be melted and incorporate it with the rest of the mixture. This operation does not require high heat. And, too, being high in protein content, cheese must be cooked at low temperature in order to attain a resulting product that will be easily digested. Therefore, in most made dishes, the double boiler is employed. By this method of radiation, a cheese dish may be prepared without direct contact of high heat. If necessary demands a direct flame, the flame should be low and the time of cooking should be short.

American cheese serves many purposes. The effect of creamed cheese may be obtained by adding grated cheese to a small amount of cream. Cheese may be used in desserts. Its flavor is well liked in pastries and in salads it is unsurpassed. Caution must be used in the adding of cheese to acid material. It is advisable in made dishes where cheese and milk are to be mixed with acid, an acetic in vinegar, to dilute the vinegar with water, and then mix it with the flour which is generally used as a thickening agent in cheese dishes.

Cheese left over may be used in extending cheese flavor in vegetable dishes, mashed potatoes or in pastries. All unused cheese, if of sufficient amount, may be coated with paraffin and then stored away for future use.

Dorothy Dexter.

COMPLETE CURE OF INDIGESTION

One Box of "FRUIT-A-TIVES" or "Fruit Liver Tablets" Brought Relief



WILLIAM GALE SHEPHERD

Old Chatham, Columbia Co., N. Y. "I was bothered with Constipation, Liver Trouble and Indigestion for three years; and tried all kinds of medicine with no relief."

I was so bad I would have a dull, heavy feeling in the pit of my stomach; generally about three or four hours after eating.

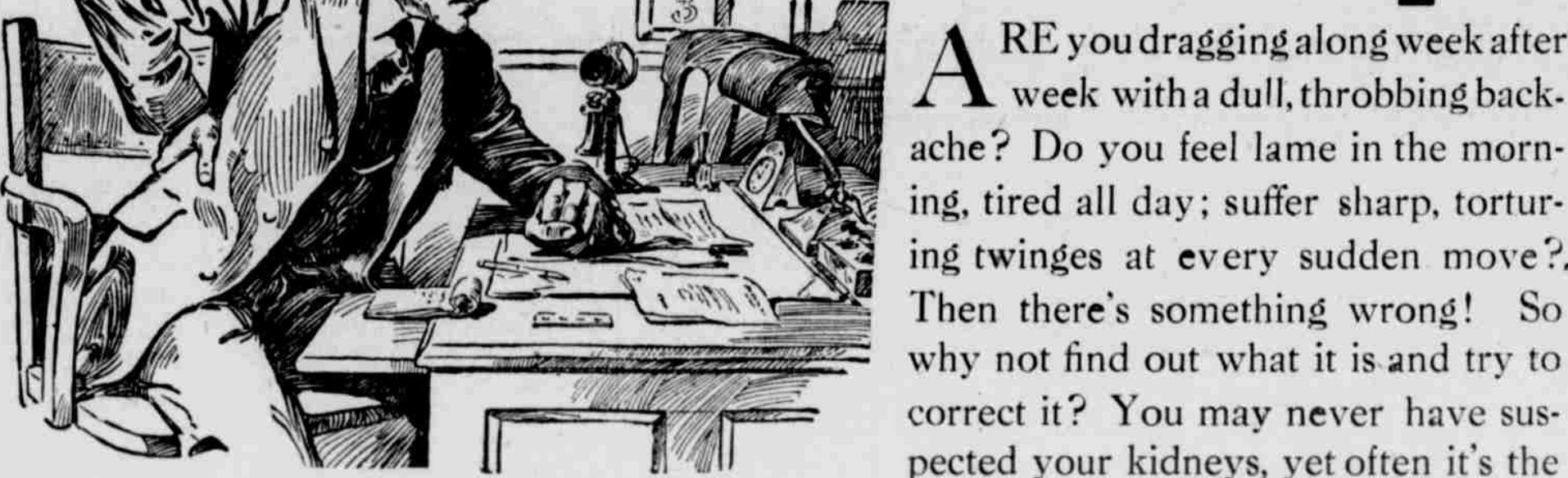
I saw advertised in the "Troy Times" 'Fruit-a-tives' and sent to R. W. Seymour's drug store in Chatham and bought two 60c. boxes. Before I had finished one box, I was relieved and now have no more trouble. I can eat anything I desire.

I would advise anyone in the same condition as I was, to take 'Fruit-a-tives'; it is a God-send, and I would not be without 'Fruit-a-tives' in the house."

WILLIAM GALE SHEPHERD, 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from FRUIT-A-TIVES Limited, OGDENSBURG, N. Y.

What Price the Fool? Kansas Paper—The ladies' aid will hold another pool sale on Tuesday.—Boston Transcript.

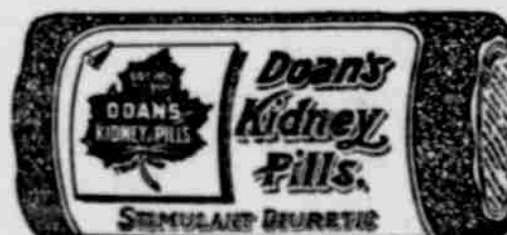
Is Backache Slowing You Up?



ARE you dragging along week after week with a dull, throbbing backache? Do you feel lame in the morning, tired all day; suffer sharp, torturing twinges at every sudden move? Then there's something wrong! So why not find out what it is and try to correct it? You may never have suspected your kidneys, yet often it's the kidneys that are at fault. A cold, a strain, or overwork congests the kidneys and slows them up; poisons accumulate in the system and many mysterious aches and pains result. You may have headaches and dizzy spells, too, with perhaps some annoying bladder irregularity. Don't wait for more serious trouble. You owe it to yourself to get well and stay well. Use Doan's Kidney Pills. They have helped many Barre folks. They should help you. Ask your neighbor!

These Are Barre Cases:

BROOK STREET	WEBSTER STREET	FIRST STREET
Mrs. M. Lewis, 15 Brook street, says: "Two years ago I used Doan's Kidney Pills when my kidneys were bad, due from a cold. My back ached and I noticed when I got up in the morning my hands and ankles were swollen. My back was very weak when I stooped over, and I was languid and nervous. After doing the least bit of strenuous work I was all in. My kidneys were irregular in action. I read of Doan's Kidney Pills and got a few boxes at Cummings & Lewis' Drug Store, and in a very short time I got relief. I have never failed to get instant relief after using Doan's, and I recommend them highly."	W. J. Shields, 22 Webster street, says: "I have used Doan's Kidney Pills for several years and they have always proven very satisfactory. They have always given instant relief. When I first used Doan's, my back and kidneys were very bad. I found it very hard to do my work, which required quite a bit of stooping. I was advised to try Doan's Kidney Pills and got a box. They gave me so much relief that I continued to use them. I recommend Doan's very highly."	Mrs. M. Cook, 11 First street, says: "About a year ago I was in a very bad condition with my kidneys, which I think was due to hard work and heavy lifting. My back was very lame and pained when I got up in the morning. After I did the least bit of work my back was so bad that I would scream with pain. My kidneys were weak and irregular. I heard of Doan's Kidney Pills and got five boxes at E. A. Brown's Drug Store. They cured me in a short time. I gladly recommend Doan's for they have made the cure a permanent one."
SOUTH MAIN STREET	MERCHANT STREET	
Geo. W. Lander, cigar manufacturer, 92 S. Main street, says: "Some years ago I used a box of Doan's Kidney Pills. I had frequently seen them recommended but never had occasion to use them until my back began to bother me some time ago. I got a box of Doan's Kidney Pills and they acted as a tonic to my kidneys and I have never needed any since. I can recommend Doan's as a reliable kidney remedy." (Statement given August 21, 1912.) On April 30, 1920, Mr. Lander added: "My opinion of Doan's Kidney Pills has not changed since I first gave my statement several years ago. I never failed to get the very best of results from Doan's, whenever I have occasion to use them."	Thomas Desgrdine, barber, 10 Merchant street, says: "About five years ago I was in a very bad shape, which I think was caused from being on my feet all day. My back was very bad when I stooped over, and it got so at times I would have to sit and rest. After I stood very long I was all in and very nervous. At times the kidney secretions passed too frequently and then again would be scanty. I was advised to try Doan's Kidney Pills and got three boxes at the Red Cross Pharmacy. They fixed me up in a short time. I gladly recommend Doan's, for they are a wonderful medicine."	



No package of Doan's Kidney Pills is genuine unless it bears the maple-leaf trademark and the signature—"Jas. Doan."

Doan's Kidney Pills

Every Druggist has Doan's, 60c a box. Foster-Milburn Co., Manufacturing Chemists, Buffalo, N. Y.